

**KY TEACH PROJECT**

KY Commission for Children with Special Health Care Needs  
982 Eastern Parkway  
Louisville, KY 40217

Lee Gordon  
Phone: 502-595-4459 x268



**EMAIL US!**  
**kytransition@aol.com**

*Do you need help finding resources or services in  
your area? Here's a website that can help:*  
**www.kycares.net**

**Summer Word Search**

Submitted by: Pamela Arnold

C O R N O N T H E C O B N F I S H C  
B A R E F E E T W M M O A I R U N A  
S B I B L E S C H O O L T R U N L N  
A A E Q S E R O M S D E N E Y F B T  
N S G A R D E N K Q Z M U W O R M S  
D E V L C A M P O U T O S O J O O H  
A B W T O H S D R I B N C R W G W X  
L A M U S E M E N T P A R K S S I G  
S L C Z H L G M D O P D Y S W I N G  
F L O W E R S N P Y M E E K I B G R  
S E D I L S A V I X A R T U M S W I  
H R M U L S P I C E C R E A M B U L  
G R A S S J H B N O B T D E I O V L  
N O S C H O O L I B O A T I N G M D  
M D A Z S U N S C R E E N U G O L F  
V A C A T I O N W A T E R M E L O N

Amusement Parks, Ants  
Bare feet, Baseball, Bible-  
School, Bike, Birds, Camp  
Campout, Corn on the Cob  
Flowers, Fireworks, Fish  
Garden, Golf, Grass, Grill, Hot  
Ice Cream, Lemonade  
Mosquito, Mowing, No school  
Picnic, Run, Sand, Sandals

Shells, Slides, Smores  
Sun Sunscreen, Suntan  
Swimming, Swing  
Vacation, Watermelon  
Worms, Yard, Beach



If you would like to submit an article, a  
Picture, a joke or riddle, or recipe for the  
Next newsletter send it to: KY TEACH PROJECT,  
CCSHCN 982 Eastern Parkway Louisville, KY 40217



**TIN CAN  
ICE  
CREAM**

1 cup milk  
1 cup whipping cream  
1/2 cup sugar  
1/2 teaspoon vanilla

- 1) Combine all ingredients in a small mixing bowl. Use an egg beater to mix ingredients.
- 2) Pour ingredients into small coffee can. Apply a strip of duck tape across the top of the can.
- 3) Set the small can with ingredients inside the larger coffee can. Fill sides of can with crushed ice and 3/4 cup rock salt.
- 4) Roll on floor for 20 minutes.
- 5) Put ice cream into storage container and store in freezer.

Submitted by: Janice Peebles,  
Secretary/Bowling Green



**“ The Secret To Success”**

*Transition newsletter for Teens*



**Thuy Ly**  
**Youth Editor**

**Summer Safety Tips and Websites**

**Fun in the sun**

Website: <http://www.aap.org/advocacy/archives/tanning.htm>

1. Wear a hat with a 3-inch brim or a bill facing forward, sunglasses (that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
2. Stay in the shade whenever possible. Avoid sun exposure during the peak intensity hours– between 10 a.m. and 4 p.m.
3. Use a sunscreen with an SPF of 15 or greater. Apply 15-30 minutes before going out.
4. Re-apply sunscreen every two hours, or after swimming or sweating.



**Heat Stress in Exercising Children**

Website: <http://www.aap.org/policy/re9845.html>

**Pool Safety**

Website: <http://www.aap.org/family/tippool.htm>

**Boat Safety**

Website: <http://www.aap.org/family/tippslip.htm>

**Bug Safety**

Website: <http://www.aap.org/pubser/insect.htm>

**Playground Safety**

Website: <http://www.aap.org/advocacy/archieves/maytra.htm>  
<http://www.aap.org/family/playgrd.htm>

**Bicycle Safety** Website: <http://www.aap.org/family/bicycle.htm>

**Skateboard and Scooter Safety**

Website: <http://www.aap.org/advocacy/archives/marskate.htm>

**Travel Safety**

Website: <http://www.aap.org/family/carseatguide.htm>  
<http://www.aap.org/family/airbag/hm>

**Lawn Mower Safety**

Website: <http://www.aap.org/family/tiplawn.htm>

Submitted by: Pamela Arnold, SLP, Bowling Green Region

**CCSHCN**

**Summer 2003**

**Kentucky  
Commission for CSHCN  
Regional Offices and  
Phone Numbers:**

**Ashland**

800-650-1329

**Barbourville**

800-348-4279

**Bowling Green**

800-843-5877

**Edgewood**

888-542-4453

**Elizabethtown**

800-995-6982

**Hazard**

800-378-3357

**Hopkinsville**

800-727-9903

**Lexington**

800-817-3874

**Louisville**

800-232-1160

**Morehead**

800-928-3049

**Owensboro**

877-687-7038

**Paducah**

800-443-3651

**Prestonsburg**

800-594-7058

**Somerset**

800-525-4279

## Finding a Summer Job or Internship.

Summer jobs and internships have lots of great benefits. Working as a teen is a great way to prepare for life after high school or college. The basic skills you learn early on will help you as you develop the professional skills you'll need throughout your life. Work experience also helps teens to feel good about themselves. The self-esteem and self-confidence you can develop at a job or internship will also come in handy when you're ready to interview for college or a job after high school.

So how can you succeed not only in the search, but in keeping the job you land? It's easy-if you find the right match, says Susan Quattrociochi, PhD, an employment and education expert. Dr. Quattrociochi suggests thinking about what you're interested in before you begin your search. People are much more likely to succeed at work if they enjoy the job they are doing. A job or internship should not only be enjoyable, but also a learning experience. Because working demands so much of your time, try to find a job or internship that may help guide you toward your long-term goals.

If you can afford to work on a short-term basis without pay, Dr. Quattrociochi strongly suggests volunteering. Once you've proven yourself as a volunteer, a potential employer will be much more likely to hire you for a related job. Your school guidance counselor can help open other door of opportunity via internships. Some companies and businesses offer bright students short-term, hands-on training and a modest rate of pay in exchange for a willingness to learn and work hard.

Keep these practical limitations in mind when you apply for the job of your dreams: Being on time is essential to job success. If you will be late or if an emergency comes up, it's important to call your supervisor: Call your local law enforcement agency to get the lowdown on underage curfews. If you mention the curfew when you apply for a job, your boss will keep this in mind when he or she schedules your quitting time.

The interview: It's not just previous job history or unique skills that matter at the interview. Both your attitude and your appearance affect your chances of getting the job you want..

"If you work hard to get the job," Dr. Quattrociochi says, "there's a good chance you'll work hard to keep it."

Adapted from information found on [www.teenshealth.org](http://www.teenshealth.org)

## What's the Big Sweat About Dehydration?

One reason you might get dehydrate is because you have been sweating a lot, especially when you play outside in hot weather. Most kids need about twice as much fluid as they usually drink when they're playing sports or exercising. But if you're busy playing, you may forget to stop and take a drink, or to rest and cool down for a while. Getting too hot can make you dizzy, weak, or nauseated, which means that you'll feel like you have to throw up. This is called heat illness, and it can happen when you're dehydrated.



The best thing to do when you're dehydrated is to replace the fluids your body has lost. Water, sports drinks, juices, and even special ice pops can all help your body get the water it needs. When it's hot outside and when you're exercising, you need to replace the fluids you're losing through sweating. If you get really hot and feel weak or if you can't stand up, get dizzy, or want to throw up, tell an adult and go somewhere cool and rest while you drink.

### Thirst-Quenching Tips:

1. Drink water, juice, or sports drinks often when you're playing. Carry a water bottle with you on your bike or in your backpack.
2. Drink at least 8 ounces of glasses of water each day.
3. If drinking 8 ounces of glasses sounds like too much water, try getting some of your water supply from foods like grapes, watermelon, oranges, cantaloupe, lettuce, cucumbers, and celery.
4. Drink before you go out to play or exercise.
5. Drink even when you're not very thirsty.
6. Stay away from drinks that have caffeine (tea, cola) when you're exercising- they can make you lose more fluids because they make you urinate more.
7. Take plenty of breaks to rest in the shade or in air conditioning. You could also take a bath to cool off, but you still need to remember to drink water.



Adapted from information found on [www.kidshealth.com](http://www.kidshealth.com).

Submitted by: L. Davis, RN, Bowling Green Region.